



Nationale Lange afstand

Dilsenerbos 6.11.2021

Omega

Lennert LENS

hamok

Omloop : H21

Afstand : 9710m (Hoogteverschil 210m)

Tijd : 1:20:27,109 (8'17"/km)

1/4

O.K.

[Volledige uitslagen op Webres](#)

2. Nico CEUNEN

1:26:26,828

3. Gert GEBOERS

1:42:29

1.	137	00:07:35		828m	9'10"/km
2.	151	00:03:32	00:11:07	380m	9'18"/km
3.	152	00:02:47	00:13:54	324m	8'35"/km
4.	141	00:06:02	00:19:56	791m	7'38"/km
5.	144	00:01:14	00:21:10	151m	8'10"/km
6.	150	00:06:06	00:27:16	164m	37'12"/km
7.	146	00:02:05	00:29:21	291m	7'10"/km
8.	116	00:02:51	00:32:12	205m	13'54"/km
9.	156	00:01:56	00:34:08	118m	16'23"/km
10.	130	00:15:22	00:49:30	2433m	6'19"/km
11.	140	00:02:42	00:52:12	271m	9'58"/km
12.	157	00:02:35	00:54:47	292m	8'51"/km
13.	126	00:02:47	00:57:34	417m	6'40"/km
14.	158	00:03:15	01:00:49	356m	9'08"/km
15.	131	00:02:35	01:03:24	248m	10'25"/km
16.	123	00:04:42	01:08:06	700m	6'43"/km
17.	159	00:02:15	01:10:21	235m	9'34"/km
18.	136	00:03:04	01:13:25	403m	7'37"/km
19.	160	00:01:22	01:14:47	135m	10'07"/km
20.	117	00:02:01	01:16:48	269m	7'30"/km
21.	120	00:03:24	01:20:12	468m	7'16"/km
22.	999	00:00:15	01:20:27	100m	2'30"/km

Orienteering Software